



New potato & tuna salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 350 g baby potatoes
- ☐ 4 anchovy
- ☐ 4 tbsp mayonnaise fine (reduced fat is)
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 large the of 1 cos lettuce
- ☐ 1 bunch spring onion
- ☐ 370 g tuna in brine canned

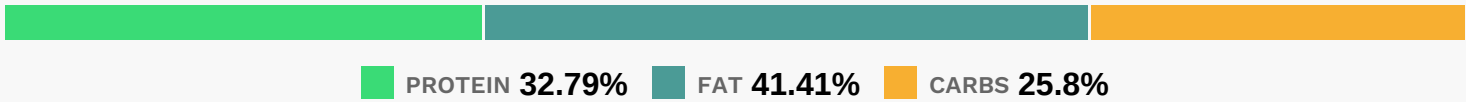
Equipment

☐ bowl

Directions

- ☐ Boil potatoes for 15 mins or until tender.
- ☐ Drain and cool under cold water. Meanwhile, make the dressing by mashing anchovies with the mayonnaise.
- ☐ Add the white wine vinegar or lemon juice and season to taste with black pepper. Tear the leaves from the lettuce into a large bowl. Chop spring onions and tip them in. Slice the potatoes and add to the bowl, then drain the tuna and flake into the bowl.
- ☐ Drizzle the dressing over and serve.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:11.32, Inflammation Score:-7, Nutrition Score:18.802608738775%

Flavonoids

Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 253.53kcal (12.68%), Fat: 11.5g (17.69%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 13.89g (5.05%), Sugar: 0.98g (1.09%), Cholesterol: 41.5mg (13.83%), Sodium: 301.43mg (13.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.49g (40.97%), Selenium: 64.82µg (92.6%), Vitamin B3: 10.71mg (53.56%), Vitamin K: 43.94µg (41.85%), Vitamin B12: 2.42µg (40.31%), Vitamin B6: 0.57mg (28.49%), Vitamin C: 18.66mg (22.62%), Phosphorus: 191.08mg (19.11%), Potassium: 584.57mg (16.7%), Vitamin A: 734.97IU (14.7%), Iron: 2.56mg (14.22%), Magnesium: 45.51mg (11.38%), Fiber: 2.23g (8.91%), Manganese: 0.18mg (8.87%), Folate: 32.11µg (8.03%), Copper: 0.16mg (7.93%), Vitamin D: 1.14µg (7.58%), Vitamin B2: 0.13mg (7.42%), Vitamin B1: 0.11mg (7.31%), Zinc: 0.99mg (6.63%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.46mg (4.6%), Calcium: 40.99mg (4.1%)